

Welcome Packet

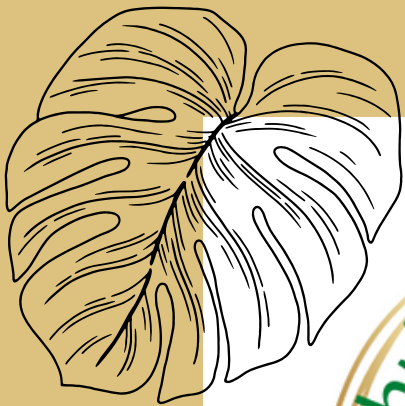


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Welcome Letter

Thrive and Grow Life Coach

Welcome to Thrive and Grow Life Coach

I'm pleased to begin your life-changing journey with you! This coaching program will focus on helping you set and achieve your personal goals. Throughout your journey, we will use specialized tools and exercises that help you progress. You're encouraged to voice feedback throughout your journey.

As you're Coach, my personal priorities are:

1. Use my expert knowledge to help you achieve all of your goals
2. Create a safe, confidential and supportive environment for you to feel comfortable
3. Listen to every and all of your questions and concerns throughout your journey.
4. Provide you with tools, resources and strategies that can help you reach your goals.
5. Provide input and feedback.

To help you reach your full potential, I recommend that you:

1. Give this experience your full effort! Half effort, will not help you reach your full potential
2. Be honest with yourself and me. This process may be difficult at time and it's best to be completely honest about how you feel or your wants.
3. Keep your focus on personal growth.
4. Take ownerships of all your victories and setbacks
5. Be open to change, even if it feels scary or gives you anxiety.

I also ask for you to be on time for all appointments, prepare by doing all "assignments" between sessions, take any and all necessary notes during sessions. Please leave any and all distractions during meetings, as I will be doing the same.

I appreciate you choosing Thrive and Grow Life Coach, and look forward to helping you on your new journey.

Sincerely,
Jacqueline
Life Coach & Owner

Meet Your Coach

Thrive and Grow Life Coach



My name is Jacqueline Vanderby. I Graduated from the University of Central Florida with a Bachelors of Science in Psychology. I am a certified domestic violence advocate with the State of Florida. I've helped many survivors of abuse start their lives from the beginning.

I'm passionate about teaching others how to change their lives. I specialize in financial empowerment and budgeting. I'm a very organized person. I believe that finding your own path takes faith, self-love and lots of motivation!

Ways to Communication

Our hour sessions will be done virtually through zoom or Microsoft Teams. Invitations for meetings will be sent to your phone number or email. You are able to call me once a week for an emergency call, which is included in your weekly price.

I can also be reached through my email:
thriveandgrowlifecoach@gmail.com

My phone number :

+1(321) 327-1341

Or my WhatsApp Number:

+39 380-190-5658

Programs Overview



Financial Management

Financial Management will help you to learn about your finances. you will be able to budget well, learn to get ahead of financial problems and save for the future.

You will be able to understand your spending habits and learn new, better financial habits.

Debt Management

Debt Management focuses on paying off debts and learning better spending habits so you will never get into debt in the future. We would focus on aspects of your life that increases your debts, and changing those aspects that hurt you in the long-run.

Goal Setting & Achievement

Goal Setting & Achievement is your traditional Life Coach experience. You set the goals in all aspects of your life, from relationships to career. Then we work together to achieve all of your goals. You will be working on small "bite-size" goals each day or week to help you move towards manifesting your dreams.

Education Mentoring

Educational Mentoring helps students who are anxious about the entire experience. I help you to find the right path for your future.

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Session Expectations



What to expect from me

Each of our sessions are an hour in length. We can schedule sessions Monday through Friday. You pick how many sessions to have each week or each month. I am here to help you in your journey. You get to decide on your goals and the speed in which the goals are completed. I will give you suggestions and encouragement. I may tell you when I do not think an action is a good idea, but I will never force you to do something.

Sessions can be on Zoom or Microsoft Teams. I will periodically give journaling prompts, daily affirmations or motivational techniques.

It's an understanding that this is your journey, and the more effort you put into it, the more you get out of your journey.

What I expect from you

I want each client to come to our sessions with a notebook or a note program on your computer, such as Google Documents, Microsoft word or any notes on your phone. Make sure you come to your appointments on time. Appointments that are later than 15 minutes will need to be rescheduled. My services are non-refundable, so late or missed appointments will not be refunded.

I expect you to try your best to complete the "assignments" and daily/weekly goals. I always encourage "assignments" that will help you to feel more confident or give you more self understanding. I would love for you to come to our sessions with an open mind and an open heart. You're here to change your life. I understand that change can be hard, so remember that you're here for a different life.

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Payments

 **Thrive and Grow Life Coach** 

Making Payments

Payments are due before each session. You are welcome to pay weekly or monthly. A discount is given when you pay for more than one session at a time. If you would also like additional accountability calls or texts throughout the week, additional fees will be added to your weekly session.

You are able to pay through PayPal, through my website using your credit card or through my Venmo.

Payment Information

You are able to book appointments and pay securely through my website:

www.thriveandgrowlifecoach.com

Paypal:



Venmo:



Session Prices

One hour : \$90

Two hours: \$160

Four hours: \$320

Additional Calls: \$20 (limit 25 minutes)

Additional Texts: \$15 (per day)

Client Checklist



Bring the following to each appointment:

- A notebook and pen or some device to take notes in
- A Planner, digital or book
- An open mind and sense of adventure!

FALLS

What happens if I'm unable to attend a meeting?

Communication is key. So please send me a text or email if you are unable to attend a meeting, at least 24 hours before hand.

What if I don't reach my goals?

That's okay. We're here to find your right path, so goals can be changed if you want to change your mind.

How long do we work together?

We can work together as long as you need my coaching services.

Where do I go if I have any additional questions?

Feel free to contact me through email, phone call or text message

Tools and Resources



I have a variety of tools and resources for you. Most of our meetings will be done through ZOOM or Microsoft Teams. Zoom will need to be downloaded onto your phone or computer. You will also need to set up a free account with ZOOM. Microsoft Teams can be accessed through your gmail account. I will link videos for you to watch if you need to set up either.

I can also send you several different Planner pages depending on your needs. Any documents that I will send you will be sent as a PDF to your email.

A screenshot of a "Daily Planner" template. It includes sections for "Daily mood" with smiley face icons, a "Meal Tracker" with boxes for Breakfast, Lunch, Snack, Dinner, and Water, "Daily Habits" with a "Done" column, a "To Do" list, a "Finance Tracker" table with columns for Date, Description, Amount, and Note, a "Goals" section with boxes for Daily, Weekly, and Long term goals, and a "Today's appointments" list with a numbered grid from 7 to 8.

Set up a ZOOM Account:

https://youtu.be/9w3Y_9FLgc4

Set up a Gmail Account:

<https://youtu.be/LWaqSBTfrjc>

Learn about Google Teams:

<https://youtu.be/VDDPoYOQYfM>

How to download a PDF:

<https://youtu.be/DuPRDhr9Jvg>

Your Next Steps



After your free 30 minutes consultation:

1. Schedule a meeting with me through my website or through me directly
2. Make your payment through my various payment methods.
3. Go through your checklist to make sure you have all of the needed materials
4. A zoom meeting will be sent to your email
5. Prepare your computer with either ZOOM or Teams.
6. Read through all of the pre-meeting documents that I send you
7. Read and sign the Client Agreement and email it back to me.
8. Be prepared for your meeting on time.
9. Let's take the first steps to changing your life!